



## What is a System of Care?

A system of care is a group of services and supports within your community that work together and are organized to meet the needs and challenges you face. A system of care helps you and your family figure out what you need to succeed at home, in school, in your community, and throughout your life.

Each system of care is guided by the same core values and principles—it is about you, your needs, and your family's needs.

Regardless of where you are, you can count on your community being onboard with these three core values:

1. Youth-guided: You, and all young people, have the right to be empowered and educated decision makers in your own care and the policies and procedures governing care within your community, State, tribe, territory, and Nation.

2. Family-driven: The voices of you and your family take the front seat in making decisions. Family-driven also means that families work together with young people by sharing resources, authority, and control with them.

3. Culturally and linguistically competent:

The people who support and provide services through systems of care work with you and your family in ways that are respectful and respond to your cultural and language needs.

So the bottom line is that a system of care is about you. Any services you receive are about your specific needs. The core values of systems of care also ensure that services and supports are respectful of you as an individual and will be provided in a way that you can understand.

While no two systems of care are alike, they all have one thing in common: You get to play as much of a role in creating your treatment plan as you want. The best part is that instead of getting services in a strange place, far away from those you care about and those who care about you, your services are provided in your community whenever possible.

Source: [www.samhsa.gov](http://www.samhsa.gov)

*The next Community Advisory Board meeting will be Monday, March 16 at 10 a.m. Please join us, as we will discuss past and future community events.*

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We are looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

## Youth News & Events!

Clubhouse has been in full gear in February and shows no signs of letting up. The younger kids began the month making Valentine's Day cards and crafts for their parents and loved ones. They also were able to take a short trip to the Native Community Garden



at Woodward Park to help pick sage for Clubhouse and learned how to pick the sage the proper way in order for the plants to continue providing us

with sage for prayer throughout the year.

Another activity the kids were able to do was making drumsticks, while also learning the spiritual significance of what the drum means to Native people, which is something that the kids can pass on to future generations.

Clubhouse has recognized how much teens are growing into their own and guidance has been the focus.

Through the Boys and Girls activities we have been focusing on healthy relationships and also the message of support. They are learning



how community is vital in their growth to adulthood.

The Native Family Education Conference at FSU will be held in April has been underway. Rachel R (MSPI Coordinator) Julian G. and the teens have met to form a committee to give input for the conference. The teens are looking forward to working with newly hired FAIHP team members Anne-Marie H. (Alcohol & Drug Abuse counselor) and Amber M (Therapist)

### College is possible

Native Americans, and Alaskan Natives, like many other minorities in the United States have historically found themselves excluded from the halls of higher education, but those times have changed. Today, there are many scholarship programs specifically targeted for Native American students. IF you are a member of one of the Federally recognized tribes, and meet the prescribed requirements you may be able to secure scholarship funding for your college education. Common resources for Native American scholarships include:

- Federally recognized tribes
- Tribal colleges
- Colleges and universities
- Corporate and business entities
- Federal and state sources

For more information please visit <http://www.collegegrant.net/native-american-grants/>

### STAR STUDENT OF THE MONTH



We are pleased to announce that Lorena M. is Clubhouse's star student of the month. Lorena has shown tremendous growth not only in her participation at Clubhouse but also in her grades at school. Lorena has been working hard to bring up her grades and received an A in math and language arts. Way to go Lorena, keep up the great work!

Clubhouse would also like to encourage students to keep aspiring to achieve their own personal goals!







## DID YOU HAVE BREAKFAST THIS MORNING?

We have all heard that breakfast is the most important meal of the day, yet more than 30 million Americans still skip breakfast on a regular basis. Typical excuses are: "I'm not hungry in the morning," "I don't have enough time," "I'll gain weight," and "I don't like breakfast foods."

Whatever your reason, if you are one of the millions of Americans who skip the first meal of the day, think again. It's really important to eat breakfast in the morning; it helps with brain function, memory, lowers risk of developing many chronic diseases, and is a key factor to a healthy metabolism. People who eat a balanced breakfast tend to be less stressed and have more energy. It can also help prevent overeating later in the day, for better long-term success with weight loss.

Try waking up just 10 minutes earlier this month in order to make breakfast a priority and get your day started off right. If you don't feel hungry, it is likely because your body is used to not eating in the morning. Begin with just a small meal or snack within 1 hour of waking and your body will adjust in no time! Jump starting your metabolism in the morning will help you burn more calories throughout the day and will aide in weight loss. You don't even have to eat 'breakfast foods.' Eat what you like. Even a small plate of last night's leftovers will do in a pinch.

### Make time for your morning meal with these simple solutions:

- **Scrambled Eggs:** Eggs are already quick and easy to make. Add fresh or frozen chopped spinach, mushrooms, and diced tomatoes to scrambled eggs or omelets. Really, any veggies will work!
  - o Serve with lean bacon, fruit and whole-wheat toast.
- **Whole-Grain Waffles and Pancakes:** Look for a whole-grain pancake/waffle mix at the grocery store. Add grated carrots or zucchini to increase the veggie power. Serve topped with fresh fruit.

- **English muffin breakfast sandwich:** Top a whole-wheat English muffin with any of these combinations:
  - o natural peanut butter and banana slices
  - o a poached egg, a slice of Canadian bacon and a pineapple ring
  - o low-fat cheese, deli ham
  - o scrambled eggs, veggies, and low-fat cheese
- **Breakfast burrito:** Wrap low-fat cheddar cheese, scrambled eggs, diced bell peppers and salsa in a whole-wheat tortilla. You can also make a vegetable-and-cheese quesadilla in a nonstick pan.
- **Cereal Makeover:** Mix any unsweetened dry cereal with greek yogurt and cut up fresh fruit.
- **Oatmeal:** Make a packet of instant oatmeal with fat-free or low-fat milk instead of water.
  - o Toss in raisins or dried cranberries and chopped walnuts.
  - o Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- **Smoothie:** Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- **Tortilla Roll Up:**
  - o Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
  - o Roll up deli turkey, a low-fat cheese slice, and lettuce in a whole wheat tortilla.
- **Leftovers:**
  - o Try leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

**\*Remember: Be a role model and eat breakfast: If your child sees you making time to eat a healthy meal, he or she is more likely to follow your good example.**

# March is National Colorectal Cancer Month!

- *Colorectal cancer or colon cancer, for short, is the growth of tumors or polyps in the lining of the large intestine.*
- *Is the third leading cancer killer in the United States*
- *Is the second leading cause of death in the Native American Indians population who are over the age of 45 years*
- *In the Native American Indian community, there were 81 per 100,000 new cases of colon cancer and 35.1 per 100,000 deaths between years 2007 to 2011.*

## **Signs and Symptoms of Colorectal Cancer:**

In the early stages of this cancer, symptoms may be minimal or not present at all. These are the common signs and symptoms that people may experience:

- A change in bowel habits, including diarrhea or constipation or a change in the consistency of stool
- Rectal bleeding or blood in the stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- A feeling that bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

## **Risk Factors that increases risk of Colorectal cancer:**

- Over 50
- Previous history of colorectal cancer or polyps
- Family history of colon cancer and colon polyps
- Low-fiber, high-fat diet (such as diets high in red meat)
- Sedentary lifestyle (not physically active)
- Diabetes
- Obesity
- Smoking
- Alcohol

## **Prevention and Client Education:**

- Early screening for colorectal cancer should begin at the age of 45 years due to increased risk in the Native American Indian population (a small sample of stool to test for blood should be done yearly.)
- Eat a variety of fruits, vegetables and whole grains
- Limit alcohol intake
- Stop smoking
- Exercise (At least 30 minutes of physical activity a day)
- Maintain a healthy weight
- Consult with your primary physician for any concern or questions.



# CBANS Supports Our Youth



CBANS has been very supportive of our youth this past month. Starting with all the great donations and all the hard work that was put into the medicine bags. Our GONA planning committee along with the beading class worked diligently on the bead work that was donated to our youth GONA Peacekeepers. Everyone in the class had so much to offer from prayers to personal stories. There was real love put into these gifts. Not only were the medicine bags a great gift to our youth, it was an honor working with and being around all those that took part in this very special event. There was a lot to be learned,



hearing from the elders and their teachings on the medicine bag and the history of the local tribes. This very special group has great energy and is always up to encouraging and providing for our youth and our future!

WISE group had a great turn out this month and once again our elders are sharing wisdom and knowledge with our youth. The elders provided a little insight to our teens of FAIHP on positive relationships and self-worth. The WISE group got creative and a little messy making these Valentines cards but it was well worth it. The messages in these cards were positive and encouraging and will definitely be appreciated by our Native youth.

The WISE group got an early dose of the GONA and what to expect when at camp. CBANS went over what the Generosity day would look like at the GONA. The group got to enjoy the excitement of the icebreakers and energizers. The group will be going through GONA principles throughout theses next couple of meetings. The WISE drew pictures of what represents them and how they would like to be recognized.



These drawings will be a part of the WISE positive affirmation wall. It will be a wall where everyone can share a positive thought and affirmation about their peers. Coming into the GONA season the elders will be learning more and more about the camp and it will be great to have them come and be a part of this youth prevention movement!

**WISE Support Group: TBA Call for details**  
**Stress Management: TBA Call for details**  
**Tues.Tea: TBA Call for details**  
**Wellbriety: Weds at 5:30pm - 7:30pm**

Times and Dates are Subject to change Please call Ruben Garcia at (559) 320-0490



# MSPI NEWS



February brought together the community through the second GONA Peacekeepers Training; a follow-up from the November teaching, which was about Belonging. This training centered on the second principle of GONA, Mastery.

**Mastery:** To begin to identify, experience, and express the impact of multigenerational trauma for the purpose of moving toward resolution. To acquire a vision of self in the context of family and society; and to be aware of beginning with self as the first step to community mobilization.

more about themselves, challenges they face, ways to overcome those challenges, and their positive qualities. The Peacekeepers also asked questions and gave their thoughts on how to fulfill their roles as Peacekeepers at this year's GONA through role-playing.

The day came to a close as adults presented youth with medicine bags beaded by staff and volunteers with the tremendous help by our elders at the Beading Class. The elders worked on medicine bags



for three weeks to ensure that the youth were able to have this amazing gift that was honored and appreciated.

We would like to thank all the youth who participated in this event and all the volunteers who collaborated with us to make this possible. Thank you all!



Teens who have stepped up to take part in this training came from Fresno, Clovis, Big Sandy, Cold Springs, and North Fork. The Big Sandy

Gym was filled with laughter when youth and adults led energizers to get everyone more comfortable to contribute. The youth showed a lot of growth since the last meeting in November; they shared



## MARCH 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>JUST WALK 11-12PM</b> at Manchester Mall	3 <b>Beading Class</b> 1-3:30pm	4 <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	5	6 <b>CSR WISE</b> 1:30-3:30pm	7
8 Daylight Saving	9 <b>JUST WALK 11-12PM</b> at Manchester Mall	10 <b>Beading Class</b> 1-3:30pm	11 <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	12 <b>Fresno WISE</b> 12-2pm	13	14
15	16 <b>Community Advisory Meeting 10-12</b> <b>JUST WALK 11-12PM</b> at Manchester Mall	17 St. Patrick's Day <b>Beading Class</b> 1-3:30pm	18 <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	19 <b>Diabetes Class</b> 12pm-2pm	20 Vernal equinox <b>CSR WISE</b> 1:30-3:30pm <b>Youth Council</b> TBD	21
22	23 <b>JUST WALK 11-12PM</b> at Manchester Mall	24 <b>Beading Class</b> 1-3:30pm	25 <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	26 <b>Fresno WISE</b> 12-2pm	27	28
29	30 <b>JUST WALK 11-12PM</b> at Manchester Mall	31 <b>Beading Class</b> 1-3:30pm	1 April Fool's Day	2	3 Good Friday	4 Passover
5 Easter	6	February 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		April 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		

## APRIL 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 April Fool's Day <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	2	3 Good Friday	4 Passover
5 Easter	6 <b>JUST WALK 11-12PM</b> at Manchester Mall	7 <b>Beading Class</b> 1-3:30pm	8 <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	9 <b>Fresno WISE</b> 12-2pm <b>Sherman Alexi at</b> Fresno State	10 <b>Native Family</b> Education Gathering at Fresno State	11 <b>Pow Wow at</b> Fresno State
12	13 <b>JUST WALK 11-12PM</b> at Manchester Mall	14 <b>Beading Class</b> 1-3:30pm	15 Taxes Due <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	16 <b>Diabetes Class</b> 12pm-2pm	17 <b>CSR WISE</b> 1:30-3:30pm	18
19	20 <b>Community Advisory Meeting 10-12</b> <b>JUST WALK 11-12PM</b> at Manchester Mall	21 <b>Beading Class</b> 1-3:30pm	22 Earth Day Admin Assist Day <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	23 <b>Fresno WISE</b> 12-2pm	24	25
26	27 <b>JUST WALK 11-12PM</b> at Manchester Mall	28 <b>Beading Class</b> 1-3:30pm	29 <b>Exercise Class 11-12</b> Wellbriety 5:30 - 7:30pm	30	1	2
3	4 <b>JUST WALK 11-12PM</b> at Manchester Mall	March 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		May 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

All events are subject to change. Please call for more info (559)320-0490



# FAIHP

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## Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check or by logging on our website & utilizing the PayPal "donate" link.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

DONATION AMOUNT: \_\_\_\_\_

**Please make all checks payable to:**

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

### Our services include:

- Health Screenings
- Mental Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

### OUR BOARD OF DIRECTORS

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